

NOVEMBER 2024

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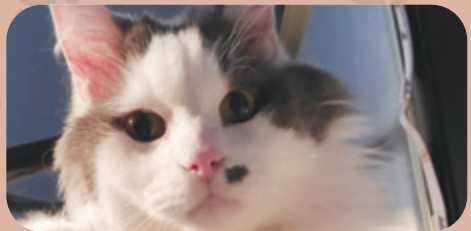
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News, Events, & More



Crime Statistics



Real Estate Statistics



A Minute Lost in Silence

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

A minute lost in silence
 Loud the roar of wartime years
 Sacred poppies of November
 In remembrance of their tears
 In our minute lost in silence
 We must listen close together
 Lest we all forget to hear it
 Lest the silence lasts forever



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Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit chinookblast.ca.



Don't Be Shy, Give Us a Try

The New Brighton Community Association was formed in 2010 by a handful of warm-hearted New Brighton residents who were willing to volunteer their time and their knowledge for the betterment of our community. Following the rules and regulations for non-profits and for community associations, they decided the legal base and purpose of this committee would be to lobby for schools in our neighbourhood – in 2010 New Brighton had no schools and the provincial plans were pretty vague regarding where and when new schools would be built. Once the construction of the first schools started, most of the members of the committee started the parent committees for the new schools.

NBCA, together with the parents' committees, started to advocate and to raise money for different facilities needed for schools like playgrounds and libraries. With the schools being fully established, NBCA started to look towards new venues and new horizons to improve community residents' well-being.

Right now, we need more voices on the board! We need to have a bigger team to tackle more projects so don't be shy, give us a try.

More information is available on our website at www.ournewbrighton.ca.



Tool Shed for All Seasons

We hope this fall you took full advantage of the tools available in the community Tool Shed. We are listening to you, and we are trying to expand the tool inventory based on the demands for tools. Check our "Tool Shed" page on ournewbrighton.ca and click on the inventory link to see the wide array of tools you can use free of charge. Maybe you want to try a snow blower before buying one, so just borrow the one we have available and if you like it, you can take your time finding a good deal. There are tools for all seasons and for all projects so check it out and let us know how it works for you. Thanks everyone for taking pride in your house maintenance and appearance and for making our community brighter.

Purple Martin Project, Year Six

We are very lucky to have a thriving colony of Purple Martins in New Brighton. More and more people are inquiring about it and when a New Brighton resident started this project it even made a buzz in the local news.

As the project enters year six, the population of birds is growing and there are talks of expanding the capacity. If you haven't seen these birds yet, we recommend you putting it on the "to do" list for the next season – the scenery of them feeding in the late afternoon is something special.

For more information and updates on the project, check out ournewbrighton.ca/purple-martins/ on our "Projects and Events" page.



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Calgary's Museums

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

It's getting cold out, so let's go inside Calgary's museums.

Western Canada's second largest museum, the Glenbow, opened in 1976 to house the donated collection of Eric Harvie. He founded the Glenbow Foundation in 1955 with art, photographs, documents, and geological and cultural artifacts representing Western Canada. The building is undergoing a \$205 million renovation to capture its original vision as a public plaza. Indigenous history is also preserved and promoted at the Tsuut'ina Nation Culture/Museum.

For more prairie history, come to the Bow and Elbow Rivers' confluence. It's been inhabited for millennia and a North West Mounted Police fort was established in 1875. Take a tour of the grounds and see the replica of Fort Calgary's two-storey barracks. You can also visit the 1891 Senator Lougheed House in the Beltline and taste life from another century.

More modern history is at the Hangar Flight Museum and Canada's Aviation Hall of Fame. Originally established in 1960, today's museum opened in 1985 in the Bullock Helicopter Hangar. Built in 1941, it was part of the British Commonwealth Air Training Plan to protect the UK from the Nazi Luftwaffe.

Speaking of militaria, The Military Museums in Altadore is Western Canada's largest tri-service museum and Canada's second largest military museum. It explores conflict worldwide and shares stories from Canada's military engagements dating back to the War of 1812. Outside you can see a CF-5 Freedom Fighter jet and a piece of New York City's World Trade Centre.

For the sciences, see Telus Spark. Originally located in Downtown's West End, the Centennial Planetarium opened in 1967 and is an award-winning example of Brutalist architecture. In 2011, the Telus World of Science was renamed and moved to its current location along Nose Creek.

Calgary's newest museum houses Canada's Music Halls of Fame as well as 200 functioning instruments spanning 450 years of music. Studio Bell's National Music Centre opened in 2016 as an architectural reference to acoustic

vessels while inside it pays homage to Canada's musical greats, from Bryan Adams to Oscar Peterson and Neil Young to Shania Twain and Joni Mitchell.

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George Gooderham of the Glenbow Foundation by display of First Nations artifacts, Hull House, Calgary, Alberta., 1961-03, (CU1169399) by Rosettis, Joe. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Gooderham was Assistant to the President of the Glenbow Foundation, a precursor to the Glenbow Museum. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1524P7K?WS=SearchResults>.



"North-West Mounted Police, Fort Calgary, Alberta.", 1895, (CU1156910) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Q. M. stores at left, stables at right. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FT7ZBN?WS=SearchResults>.



"Lougheed house (left), Van Wart house (right) Calgary, Alberta.; [ca. 1911-1913], (CU198052) by Dill, Ralph. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Postcard view. Photo number 19. Same as PA-4078-2. Senator J. A. Lougheed's house, "Beaulieu" was located at 707 - 13 Avenue SW. Isaac S. G. Van Wart house on right. Looking west on 13 Avenue. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OA9F70?WS=SearchResults>. [https://commons.wikimedia.org/wiki/File:Studio_Bell_in_Calgary_\(48719528203\).jpg](https://commons.wikimedia.org/wiki/File:Studio_Bell_in_Calgary_(48719528203).jpg).



The Military Museums of Calgary, Alberta, September 2024. Photo courtesy of Anthony Imbrogno.



Glenbow Museum, circa 1976, undergoing extensive renovations, November 2023. Photo courtesy of Anthony Imbrogno.



Studio Bell, Calgary, September 2019. Photo by daniel0685, Creative Commons Attribution 2.0 Generic license.

The New Brighton Clubhouse is now accepting facility bookings and has a variety of rental packages available to meet the needs of all ages, party sizes and budgets! For more information and availability on rooms, please contact 403-781-6613 ext. 1 or email rentals@nbra.ca.

Room Rental Hourly Rate

Banquet Room (Capacity of 100)

1,350 Sq Ft

Resident Rate: \$85 plus GST hourly

Brookfield Rate: \$90 plus GST hourly

Non-Resident Rate: \$95 plus GST hourly

Studio Room (Capacity of 35)

462 Sq Ft

Resident Rate: \$50 plus GST hourly

Brookfield Rate: \$55 plus GST hourly

Non-Resident Rate: \$60 plus GST hourly

Rental Packages

Deluxe Birthday Package (Banquet Room)

Banquet Room (Capacity of 100)

Resident Rate: \$295 plus GST for 2 hours

Brookfield Rate: \$305 plus GST for 2 hours

Non-Resident Rate: \$315 plus GST for 2 hours

The Deluxe Birthday Package includes:

- 2 hours in our Banquet Room
- Your choice of a bouncy castle, pinata, or craft during your party
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- Set-up and tear down of the room

Essential Birthday Package (Studio Room)

Studio Room (Capacity of 35)

Resident Rate: \$115 plus GST for 2 hours

Brookfield Rate: \$125 plus GST for 2 hours

Non-Resident Rate: \$135 plus GST for 2 hours

The Essential Birthday Package includes:

- 2 hours in our mid-size Studio Room
- Party supplies (banner, tablecloths, balloons, napkins, plates, cups, and cutlery)
- Set-up and tear down of the room

Dazzling Baby Shower Package (Banquet Room)

Banquet Room (Capacity of 100)

Resident Rate: \$210 plus GST for 2 hours

Brookfield Rate: \$220 plus GST for 2 hours

Non-Resident Rate: \$230 plus GST for 2 hours

The Dazzling Baby Shower Package includes:

- 2 hours in the Banquet Room
- Party supplies (banner, tablecloths, balloons, napkins, plates, cups, and cutlery)
- 2 Baby Shower games
- Set-up and tear down of the room

NEW BRIGHTON CLUBHOUSE

2 New Brighton Drive SE, Calgary, AB, T2Z 4B2

Open 9:00 am to 9:00 pm Monday to Sunday

www.newbrighton-connect.com

FIND IT FAST!

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C/O New Brighton Clubhouse

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NEW BRIGHTON RESIDENTS ASSOCIATION



2 New Brighton Drive SE
Calgary, Alberta T2Z 4B2

Phone: 403-781-6613

Fax: 403-781-6611

Office Hours: 9:00 am to 9:00 pm

Park Hours: 9:00 am to 9:00 pm

Statutory Holiday Office and Park Hours: 11:00 am to 6:00 pm

CONTACT US AT:

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Customer Service Leader

Claire Lee • rentals@nbra.ca

Recreation Leader

Jennifer Strickland • programs@nbra.ca

Special Events Coordinator

Danny Markle • events@nbra.ca

Sponsorship Opportunities

Becoming a sponsor is a great way to get your business noticed throughout the community of New Brighton. There are a variety of sponsorship opportunities available to meet the needs of all businesses! If you are interested in becoming a valued sponsor, please contact the Special Events Coordinator by emailing events@nbra.ca or calling 403-781-6613, ext. 3.

The detailed catalogue can be found on www.newbrighton-connect.com.

A very special thank you is extended to our current sponsors: NAIAD, Rachel Mah Poy Desjardins Insurance Agent, Kilt and Caber, C Can Store, Find Your Nook YYC, and connectFirst at 130 Ave.

Special Events

Grand South Christmas Market

Saturday, November 16 from 10:00 am to 3:00 pm

The NBRA is proud to be a part of the Grand South Christmas Market again in 2024! A wide variety of vendors will be at the NBRA Clubhouse to help get holiday shopping done early while supporting local artisans, home-based businesses, and crafters of all varieties!

Admission to the public is free! The NBRA encourages customers to bring a non-perishable food item to be donated to the Calgary Food Bank! RSVP is not required for this event.

Christmas in the Clubhouse

Saturday, December 7 from 9:00 am to 4:00 pm

On December 7 Santa will be making a special appearance at the New Brighton Clubhouse! Little residents and their families are invited to Santa's workshop to get their picture taken, share their Christmas wish, participate in holiday-inspired activities, and receive a specially wrapped gift just for them! There will be two time slot options - morning or afternoon.

RSVP for this event will open on November 6 at noon and will be completed via a Google Form on the newbrighton-connect.com website.

12 Days of Giving!

Keep your eyes on the New Brighton social media accounts from December 3 to the 14 to participate in the 2024 12 Days of Giving! A fantastic new basket

of hand-selected items will be posted each day with instructions on how you can enter the giveaway raffle.

The winner of each basket will be shared the following day at 10:00 am, with a new basket being posted at noon.

Participation is open to everyone, both residents of New Brighton and those living outside the community!

Children and Adult Programs

Cartoon Drawing

Ages 8 to 12 years

Fall Session 2: November 5 to December 17 from 7:30 to 8:30 pm

Does your child's drawing come with a giggle? It's time for them to join the fun-filled world of Young Rembrandts Cartoon class! Watch as their drawings come to life, featuring everything from baseball-playing animals to ogres with tons of attitude. In our classes, critters wear their personalities as boldly as their fur, and the art of exaggeration turns each session into a laughter-packed adventure. This isn't just any art class—it's your child's ticket to a world where creativity flies and laughter reigns. Sign up now and let the giggles and doodles flow!

Residents: \$135 | Non-Residents: \$150

Babysitters Course

Ages 11 to 16 years

Fall Session 2: November 30 from 9:00 am to 4:00 pm

The Canadian Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children.

Residents: \$95 | Non-Residents: \$110

Hip Hop

Ages 7 to 10 years

Fall Session 2: November 7 to December 19 from 7:15 to 8:15 pm

Students will learn all the coolest moves of today in a creative, fun environment through warm-ups, games, activities and combinations to feel like the star of the show!

Residents: \$125 | Non-Residents: \$140

continued on next page

NEW BRIGHTON CLUBHOUSE NEWS - CONTINUED

Sound Healing and Yoga Workshop

Ages 18+

Fall Sessions: November 27 from 7:00 to 8:30 pm

Unwind from a stressful day with our Expansion Sound Healing and Restorative Yoga Night. This unique experience offers a path to relaxation for the mind, body, and soul. Set intentions and focus on positive affirmations to calm your mind. Release blockages stored in your chakras from suppressed emotions or physical injury to alleviate tension in your body. Allow the soul to purify itself through sound, breath, and vibrational release. By participating in this session, you can align with a sense of peace, positivity, and self-care. Join us and discover how sound therapy and restorative yoga can provide a peaceful way to relieve stress.

Residents: \$40 | Non-Residents: \$55

For more information on these programs, and all programs at the New Brighton Clubhouse, please visit www.newbrighton-connect.com.

Value Added Activities

New Brighton Seniors Card Club

November 7, 14, 17, 21, and 28 from 1:30 to 3:00 pm

The NBRA is excited to host the New Brighton Seniors Card Club, offering a variety of different card games and great conversation each week. Spend the afternoon enjoying new games, meeting new friends, and exploring everything that the NBRA has to offer.

\$2 drop-in.

Tot Time

November 6, 13, 20, and 27 from 1:30 to 3:00 pm

Bring your little ones and take part in a fun afternoon of socialization and unstructured free play, all while parents enjoy coffee and great company!

This program is a \$2 drop-in!

Tween's Night Out

10 to 14 years

November 1 from 7:00 to 8:30 pm

Calling all New Brighton tweens and teens. You are invited to the Clubhouse for a night of fun games, competitions, and good times. Doors open at 7:00 pm, grab your friends and let's have a great night together! The \$2 drop-in fee will include a snack and refreshments!

Please remember to RSVP for this program.

Family Bingo Night

November 22 from 7:00 to 8:00 pm

Join us at the Clubhouse for a fun-filled Family Bingo Night! Bring the whole family for an evening of excitement, laughter, and a little friendly competition. Whether you're a bingo pro or a first timer, everyone is welcome to play along and enjoy the thrill of shouting "Bingo!"

\$5 per family.

RSVP is required.

Babysitting Night

Ages 2 to 10

November 23 from 5:00 to 8:30 pm

Want a night out without the kids? Let the NBRA look after your little ones while you enjoy some quality time. Pizza, a light snack, and a drink will be offered during the evening. Please feel free to pack a nut-free snack/drink for your child(ren) should they need more.

Resident Rate: \$25 | Non-Resident Rate: \$30

Canvas Creations (18+)

November 8 from 7:00 to 8:30 pm

Participants learn the technique behind different painting styles and get in touch with their inner artist while visiting with friends and meeting new ones!

Residents: \$35 | Non-Residents: \$45

Jr. Canvas Creations

December 21 from 10:00 am to 12:00 pm

Come for a morning of painting and fun! Children let their imaginations run wild while creating a masterpiece to bring home to show off.

Residents: \$30 | Non-Residents: \$40

Also Available at the NBRA

Popcorn Packs

Looking to kick up your family movie night a notch? The NBRA offers \$12 Movie Night Popcorn Packs!

Each pack includes:

- Two medium bags of theatre style popcorn
- Two juice boxes
- Two pops (your choice from assorted selection)
- Two chocolate bars (your choice from assorted selection)
- Two candy treats (your choice from assorted selection)

To place your order for a Popcorn Pack, please call 403-781-6613, ext. 1 or email csr@nbra.ca. All orders must be placed by 5:00 pm on November 14. Packs will be available for pick up at the Clubhouse on Friday, November 15 from 5:30 to 8:30 pm.

NBRA Holiday Hours

During the holiday season, the New Brighton Residents Association (NBRA) will have condensed hours on specified days. If you are considering visiting the Clubhouse over the holidays, please keep in mind the following hours of operations. All other days will remain open during regular hours of operation from 9:00 am to 9:00 pm.

- Tuesday, December 24, 2024: 10:00 am to 5:00 pm
- Wednesday, December 25, 2024: 12:00 to 4:00 pm
- Thursday, December 26, 2024: 11:00 am to 7:00 pm
- Tuesday, December 31, 2024: 9:00 am to 5:00 pm
- Wednesday, January 1, 2025: 11:00 am to 7:00 pm

Take Action on Radon

Did you know that radon is an invisible, radioactive gas that come from the ground? The NBRA is excited to announce that Radon Test Kits are now available in the main office for \$42.95 + GST.

If you would like more information on the kits or radon, please call 403-781-6613 ext. 1 or email admin@nbra.ca.

Good Food Boxes

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary where you can purchase a box of fresh fruits and vegetables at a very low cost! The boxes are put together and delivered to the Clubhouse by dedicated volunteers.

Interested in getting a box? Please call 403-781-6613, ext. 1 or email csr@nbra.ca before the order due date listed below. You will be contacted by an NBRA team member on the delivery day once the boxes are available for pick up at the Clubhouse!

Price List

- Small \$30
- Medium \$35
- Large \$40

Order Due Date	Delivered to the Clubhouse
November 12 by noon	November 22
December 3 by noon	December 13

One Stop Boxes: A Night of Fun Where the Planning is Done for You!

Looking for a fun family night, where the planning is done for you? The NBRA is excited to offer quarterly "One Stop Boxes" suitable for families of all sizes! The Family Fun Night box is only \$25 and all you have to do is place your order and get ready to unbox your night of fun! The best part about the NBRA's "One Stop Boxes" is that, unlike other box service no subscription is necessary. You can just order the box prior to the order due date.

Boxes are now offered quarterly.

To purchase your box, please call 403-781-6613, ext. 1 or email programs@nbra.ca today!

Family Fun Night Box:

Inside the December Family Fun Box you will find games, activities, and recipes to complete with the family to celebrate the festive season!

December Theme	Order Due Date	Pick Up Date
Christmas	December 12	December 20

Tool Shed

No need to purchase and store tools that you may only need to use once a year; come and check them out from the tool lending library instead! The New Brighton Residents Association and New Brighton Community Association have joined together in efforts to bring you a library full of over 60 tools to meet your landscaping, snow removal, home improvement, DIY, and automotive needs! This is a service for all New Brighton Residents over the age of 18, with more perks available to those who also have a valid NBRA membership. Purchase an NBRA Membership for only \$20! With the NBRA you can enjoy additional Tool Shed perks such as borrowing a maximum of five tools at one time, same-day reservation and more. For borrowing details, to set up your online account, and to browse the catalogue, visit newbrighton-connect.com! No need to make an appointment, the NBRA Tool Shed is open Monday to Sunday from 9:30 am to 8:30 pm, come by during those times to borrow the tool of your choice.

continued on next page

NEW BRIGHTON CLUBHOUSE

NEWS - CONTINUED

The New Brighton Residents Association is happy to host "The New Brighton Game Hub", which is a board game lending library consisting of over 50 games that can be borrowed by residents for a fun game night! The library hosts a diverse selection of games suitable for a variety of age groups, interests, and difficulty levels. This is a free service for all New Brighton Residents over the age of 18 who are in good standing. Residents aged 12 to 17 years old may also borrow games; however, they must play the game on-site while visiting the NBRA Clubhouse. Please visit www.newbrighton-connect.com for additional borrowing details, to set up your online account, and to browse the catalogue (be sure that you select "the New Brighton Game Hub" as the location from the drop-down menu). There is no need to make an appointment as all games will be lent on a first-come, first-serve basis. The New Brighton Game Hub is available between 9:30 am and 8:30 pm, so come by during those times to borrow the game of your choice!



Stay Connected with the NBRA

Connect with us on Facebook (The New Brighton Clubhouse), Instagram ([newbrightonclub](https://www.instagram.com/newbrightonclub)), or visit us at www.newbrighton-connect.com to stay informed regarding NBRA news, events, programs, and other exciting offerings!



So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



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Landlord and Tenant Law – Signing and Moving In

by Charmaine Coutinho



As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access legal services to empower them to take the next steps in their legal matters independently. I frequently advise on landlord and tenant disputes.

This article only discusses leases covered by Alberta's Residential Tenancies Act (RTA). This excludes tenants sharing living space with a landlord and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when both landlords and tenants are under stress and looking for ways to improve their circumstances.

Security Deposit, Damage Deposit, Key Deposit, Pet Deposit

Under the RTA, they're all the same: any amount payable by the tenant to the landlord, returnable if some specified circumstance occurs (end of tenancy, etc.), is called a "security deposit." The RTA limits the amount of all the deposits together to one month's rent. A landlord is not permitted to ask for more if the rent increases.

There is no exception for pet deposits. However, a landlord is permitted to ask for a non-refundable pet fee in addition to the rent, monthly or upon signing.

A landlord is permitted to retain the security deposit only if there are valid move-in and move-out inspection reports and damage to the unit, or there is money owing.

To keep any portion of the security deposit, the landlord must give the tenant a statement detailing the specific costs to be reimbursed. Any deposit amount not covered by this statement must be returned within ten days of the end of the tenancy. If the statement includes any estimates (e.g.: cleaning or repairs), the landlord must send the tenant a final statement and return any unused funds within 30 days of the end of the tenancy.

The tenant can apply to the Residential Tenancy Dispute Resolution Service (RTDRS) to contest the landlord retaining a deposit. Conversely, a landlord can sue the tenant if the deposit is insufficient to cover the landlord's costs or missing rent. Neither the RTDRS nor the civil courts have automatic enforcement mechanisms though, so collection may be difficult.

Repairs

There is little a tenant can do to force a landlord to repair a rental unit.

A tenant can pay for repairs, then ask the RTDRS for a rent abatement, but cannot withhold rent to incentivize a landlord to make repairs.

If the damage to the rental unit is endangering a tenant's health, the tenant can call Alberta Public Health (APH). Alberta has Minimum Housing and Health Standards regarding critical amenities like clean air and water, plumbing and sewage disposal, overcrowding, access to the unit, electricity, and heating. If a tenant contacts APH and APH finds evidence that the minimum standards are not being met, APH can mandate repairs.

However, a tenant should prepare for all eventualities: APH may do nothing, may force a landlord to make repairs, or may even condemn a rental space requiring that the tenant move out immediately. In the current market, housing is scarce and may be difficult to acquire quickly. If a tenant is not prepared for all possibilities from an APH investigation, it may be better to rethink contacting APH.

A landlord is not permitted to evict a tenant just for contacting APH. However, there is no ban on eviction for other reasons after a tenant has called public health authorities.

Thanks for spending a few minutes of your time with me. If you have a friend renting, be a good neighbour and share your new knowledge with them!

Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility.
- Keeping floors clutter-free.
- Wearing supportive, well-fitting footwear, both inside and outside of your home.
- Reviewing medications with your family doctor or a pharmacist to understand side effects.



Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit albertapcns.ca to learn more.

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